



# *The Jersey Girls Volleyball Club, Inc.*

(DIGS)

## A Guide on the College Recruiting Process

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Getting ready for college is an overwhelming experience, finding the right college for you as well as playing volleyball will add to the stress of finding the best fit. This guide is to help answer many of the common questions about the recruiting process. This guide is intended to be used as a resource that will hopefully provide you support throughout the recruiting process.

The recruiting process starts at different times for different players. Some due to the ability level, some due the player's knowledge of the process, and others due to procrastination. There are two ways that the process can begin:

- 1) The college coach identifies you as a potential prospect
- 2) You identify a school that you are interested in and make the initial contact

### **Important Notice:**

\*\*\* This document is not intended to be used as the rules and regulations but as a reference, please refer to the information found on the NCAA website for the complete rules and regulations. The information that follows is designed to help the Student-Athlete to understand the recruiting process; most of the rules and regulations refer to DI colleges, for example the contact rules differ between DI and DIII as does the clearinghouse discussed later in this document.

For the full details on the NCAA Student-Athlete Eligibility and Recruiting rules and regulations go to: [www.ncaa.org](http://www.ncaa.org)

### **Common Questions:**

- When should a student register with the NCAA Eligibility Center?  
Students should register with the Eligibility Center at the beginning of their junior year in high school. At the end of the student's junior year, a transcript, which includes six semesters of grades, should be sent to the Eligibility Center from the high school.
- What is considered an official visit?  
Any visit to a college campus by you and your parents paid for by the college. The college may pay the following expenses:
  - Your transportation to and from the college
  - Room and meals (three per day) while you visit the college
  - Reasonable entertainment expenses, including three complimentary admissions into a home athletics contestBefore a college may invite you for an official visit, you must provide the college with a copy of your high-school transcript (Division I only) and SAT, ACT or PLAN scores.
- What Is Considered an Unofficial Visit?  
Any visit to a college not paid for by the college. The only expense you may receive from the college is three complimentary admissions to a home athletic contest. You may make as many unofficial visit is as you like and may take those visits at any time. The only time you cannot talk with the coach during an unofficial visit is during a dead period.
- What Is Considered a Recruiting Contact?  
A recruiting contact occurs any time a coach has face-to-face contact with you or your parents off the college campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.
- What Is Considered a Recruiting Evaluation?  
An evaluation is an activity by which a coach measures your academic or athletic ability. This would include visiting your high school or watching you practice or compete.



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- When is the first chance a college coach may communicate with a prospective student-athlete?  
A NCAA member institution may not provide recruiting materials to a prospective student-athlete (including general correspondence related to athletics) until September 1 at the beginning of the prospective student athlete's junior year in high school. General Correspondence (including emails and instant messages)
  - What is the Dead Period?  
The college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you or your parents during this time.
  - When may a prospective student-athlete or their parent call a college coach?  
A prospective student-athlete or their parent may call and talk to a college coach at any time. If a prospective student-athlete leaves a message with a college coach, the coach may not be able to return the call.
  - Recruiting Materials: You may receive recruiting materials through the mail beginning on September 1st of your junior year in high school from coaches, faculty members, and athletic staff members (but NOT boosters). Universities may send you:
    - One Media Guide or Recruiting Guide
    - General Correspondence
    - NCAA educational information
    - Drug Testing Information
    - Newspaper Clippings
    - One Volleyball Schedule Card
    - Coach's Business Card
    - E-Mail and Faxes
- A university may send you a questionnaire directly before your junior year, but all other information must come through the Admissions Office. A Volleyball Program may, however, send you their camp brochure and new NCAA regulations. A college may only give you a student-athlete handbook on an official or unofficial visit. A college may mail you a handbook once you have signed a National Letter of Intent or been accepted for enrollment.
- Telephone Calls: Telephone calls to a prospective student-athlete [or the prospective student-athlete's relatives or legal guardian(s)] may not be made before July 1 following the completion of the prospective student-athlete's junior year in high school (subject to the exceptions below); thereafter, staff members shall not make such telephone calls more than once per week.
    - You may call them collect and it will not count as the one call per week
    - If they call and you are not home (or) they get your answering machine, (or) you're on another line, it does not count as their one call per week
    - Boosters are NOT permitted to call
    - You may call a collegiate coach, at your own expense, anytime during your career. You can find most coach's phone number on their institution's website under "Staff Directory".



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### **The Beginning of the Recruiting Process:**

Below are some steps that you must take to participate in the NCAA Division I or II Athletics – for detailed information please go to the NCAA website: NCAA Eligibility Center: [www.eligibilitycenter.org](http://www.eligibilitycenter.org), what is required for DI, DII and DIII varies.

#### ***Time Line:***

- **Freshman Year**
  - Know that every “core” class you take will count toward your 16 core courses that the NCAA Clearinghouse uses to determine your eligibility. Only letter grades (A, B, C, D, F) matter to them so an 81 and an 89 are the same. Get that next letter grade!
  - Update your University Athlete profile as club season begins and check it often to make sure it is updated.
  - Send back every questionnaire you receive from a volleyball program, even if you think you may not want to attend there. You are still just a freshman and you most likely haven’t had an opportunity to experience enough to know exactly what you want.
  - Work hard to develop your skills as you are only a couple years away from making a collegiate choice.
  
- **Sophomore Year**
  - Develop an initial broad list of universities and programs in which you feel you may be interested over the summer
  - Attend a summer camp of a school on your list
  - Put together an initial athletic resume as your high school season starts and send it to your programs of interest
  - Attend as many college matches as possible of any collegiate schools that are convenient to attend. It will give you great insight into the collegiate game.
  - Update your University Athlete profile as club season begins and check it often to make sure it is updated.
  - Email the coach of the universities on your list at the start of both your high school and club season, letting them know who you are, your grad year, the teams on which you are playing, your high school or club schedules, and your interest in their program. Always address them direct and avoid mass emails. They are not effective. Remember as well that they cannot email you back yet.
  - Work hard and continue developing your skills as you are one year away from the possibility of having collegiate offers
  
- **Junior Year**
  - Register for eligibility
  - Double check to make sure that you are taking courses that match your high school’s NCAA Lit of Approved Core Courses.
  - Register with the NCAA Clearinghouse and take SAT and ACT tests during your junior year and have scores sent to clearinghouse
  - Begin refining that list of universities in which you are interested over the summer.
  - Elevate the exploration process by attending at least one summer camp of a school on your list and more if possible
  - Attend as many college matches of schools on your list and possibly combine that with an unofficial visit
  - Update your University Athlete profile as the club season begins
  - Send an updated athletic resume with new club team information and schedules
  - Begin to correspond with your schools of interest after September 1st via email and try to gauge their level of interest. It is also okay to ask after you have created a dialogue. It is also okay to pick up the phone and call.



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- Put together a video and send to your programs of interest during the high school season or very early in the club season if they have not seen you play in person.
- Take more unofficial visits during the club season (especially if the coach invites you) to talk with the coaching staff and gauge their level of interest in offering a position
- Work hard, play relaxed, and carefully evaluate each verbal offer making sure you are not pushed into a decision and be prepared to stand by that decision
  
- Senior Year
  - Begin talking verbally with coaches over the phone after July 1st.
  - Attend summer camps of schools on your list to help narrow your list
  - Send an updated high school schedule to schools on your list
  - Schedule and take official visits, max of 5 total
  - Sign during the early signing period if you have made a verbal commitment
  - If you have not received an offer, then re-evaluate your potential and prepare to sign in the late signing period
  - Update your UA profile and make sure you are listed as an “unsigned senior
  - Contact schools as your club season begins and ask what remaining position they have available as things happen VERY fast during January and February of your senior club season. Make sure schools in which you are interested know that you are still available.

### *Common questions you should ask yourself:*

- What are the stats like of the players? Can you do as well or better?
- Am I looking to start and have significant play time as a freshman?
- Am I willing to train for a year, but not play?
- Am I willing to log the hours weight-lifting, conditioning, practicing and studying and give up some of the parties and social life of college?
- Am I looking to play solely in the fall and simply be a student in the spring?

### *Common questions you should ask the college coach about their college volleyball program:*

- How many players are on the roster?
- How many are graduating / returning?
- How many players on the roster play your position and what year are they?
- How long has the coach been at the college?
- Are most of the player’s roommates with one another?
- What was the team’s conference and overall record this past season?
- What training happens between seasons?
- What time of day are the practices typically?
- What style of play does your team play?
- What are the training facilities like?
- What are the goals for the team in the future?
- How well does the team get along?
- What is your coaching philosophy and demeanor in practice and matches?
- What is the environment at your home matches? Expectations on match days?



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### College Prospect Information

#### Preferred Grades for All Divisions:

3.0 GPA + 24 ACT + 1000 SAT (out of 1600)

(No scores needed for underclassmen)

#### Volleyball by the numbers:

In order to compile these Recruiting Guidelines, NCSA tracked hundreds of former NCSA student-athletes who have gone on to compete at the collegiate level, polled college coaches across the nation, and analyzed college rosters at all levels of competition.

- Schools Offering Volleyball

NCAA Division I	317
NCAA Division II	276
NCAA Division III	423
NAIA	251
Junior College	297
Total	1,565

- Athletic Scholarship Opportunities

Division I(per school)	12
Division II (per school)	8
NAIA (per school)	12
NJCAA (*varies per school)	14
Total	46

- Student-Athlete Participation

NCAA Division I	4,650
NCAA Division II	4,020
NCAA Division III	6,045
NAIA	3,312
Total	18,027

- Resources:

NCAA Eligibility Center web application: <https://web1.ncaa.org/eligibilitycenter/common/>

NCAA Recruiting Rules: [http://www.ncaa.org/wps/ncaa?key=/ncaa/NCAA/Legislation and](http://www.ncaa.org/wps/ncaa?key=/ncaa/NCAA/Legislation and Governance/Eligibility and Recruiting/Recruiting/recruiting.html)

[Governance/Eligibility and Recruiting/Recruiting/recruiting.html](http://www.ncaa.org/wps/ncaa?key=/ncaa/NCAA/Legislation and Governance/Eligibility and Recruiting/Recruiting/recruiting.html)



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<i>Experience</i>	<i>DI Tier 1 (Upper level) Candidate</i>	<i>DI Tier 2 (Mid-Lower level) Candidate</i>
High School Experience	<ul style="list-style-type: none"> <li>• Generally 3-4 year varsity starter</li> <li>• Team Captain</li> <li>• Generally attend a large high school (4A, 5A, 6A) with a nationally recognized volleyball program.</li> <li>• Recognized early in their high school career with all-state, all-conference, all-region honors.</li> <li>• High School All-Americans, Volleyball Magazine All-American</li> </ul>	<ul style="list-style-type: none"> <li>• Generally 2-3 year varsity starter</li> <li>• Team Captain</li> <li>• Most athletes come from a large high school although an outstanding player from a small school could also be a fit with the appropriate club experience.</li> <li>• All-State, All-Region, All-Conference</li> </ul>
Club Experience	<ul style="list-style-type: none"> <li>• Extensive National level club experience, 5+ years</li> <li>• High placement at National Tournaments               <ul style="list-style-type: none"> <li>○ Colorado Crossroads, Pacific NW, Hoosier Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights</li> <li>○ AAU Nationals - Orlando, FL</li> <li>○ Reno Volleyball Festival – Reno, NV</li> <li>○ USA Junior Olympic Girls' Volleyball Championships</li> <li>○ All-American, USA JO All-Tournament recognition</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• National level club experience, 3+ years or extensive club experience outside the national level (5+ years).</li> <li>• National Tournament Attendance               <ul style="list-style-type: none"> <li>○ Colorado Crossroads, Pacific NW, Hoosier Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights</li> <li>○ AAU Nationals - Orlando, FL</li> <li>○ Reno Volleyball Festival – Reno, NV</li> <li>○ USA Junior Olympic Girls' Volleyball Championships</li> </ul> </li> </ul>
National Experience	<ul style="list-style-type: none"> <li>• Junior, Youth, or USA Select National Team</li> <li>• High Performance Camps &amp; Regional Teams</li> <li>• USA HP Championships</li> </ul>	<ul style="list-style-type: none"> <li>• High Performance Camps &amp; Regional/State Teams</li> <li>• USA HP Championships</li> </ul>

### The average characteristics by position are below:

<i>Position</i>	<i>DI Tier 1 (Upper level) Candidate</i>	<i>DI Tier 2 (Mid-Lower level) Candidate</i>
Libero/Defensive Specialist	<ul style="list-style-type: none"> <li>• Height (5'5"-6'0")</li> <li>• Avg. Weight 125 lbs</li> <li>• Vertical 28"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'5"-5'10")</li> <li>• Vertical 24"+</li> </ul>
Middle Hitter	<ul style="list-style-type: none"> <li>• Height (6'0"-6'4")</li> <li>• Avg. Weight 155 lbs</li> <li>• Block Jump 9'5"+</li> <li>• Approach Jump 10'0"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'11"-6'3")</li> <li>• Block Jump 9'3"</li> <li>• Approach Jump 9'9"+</li> </ul>
OH/RS	<ul style="list-style-type: none"> <li>• Height (5'11"-6'2")</li> <li>• Avg. Weight 140 lbs</li> <li>• Block Jump 9'4"+</li> <li>• Approach Jump 9'10"</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'10"-6'0")</li> <li>• Block Jump 9'1"</li> <li>• Approach Jump 9'7"</li> </ul>
Setter	<ul style="list-style-type: none"> <li>• Height (5'8"-6'1")</li> <li>• Avg. Weight 130 lbs</li> <li>• Block Jump 9'2"+</li> <li>• Approach Jump 9'6"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'8"-6'1")</li> <li>• Block Jump 9'0"+</li> <li>• Approach Jump 9'3"+</li> </ul>



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<i>Experience</i>	<i>DII Tier 1 (Upper level) Candidate</i>	<i>DII Tier 2 (Mid-Lower level) Candidate</i>
High School Experience	<ul style="list-style-type: none"> <li>• Generally 2-3 year varsity starter</li> <li>• Team Captain</li> <li>• Most players earn All-Region, All-Conference honors during their high school career.</li> <li>• Tend to be from larger schools, but a smaller school candidate is also an option with the appropriate club experience.</li> </ul>	<ul style="list-style-type: none"> <li>• Generally 1-2 year varsity starter</li> <li>• Possible award such as All-league, All-Conference</li> </ul>
Club Experience	<ul style="list-style-type: none"> <li>• Club experience, 3+ years or 2+ years with a National level club.</li> <li>• National Tournament Attendance preferred, but not required               <ul style="list-style-type: none"> <li>○ Colorado Crossroads, Pacific NW, Hoosier Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights</li> <li>○ AAU Nationals - Orlando, FL</li> <li>○ Reno Volleyball Festival – Reno, NV</li> <li>○ USA Junior Olympic Girls' Volleyball Championships</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Club experience, 2+ years</li> <li>• National Tournament Attendance preferred, but not required</li> </ul>

### The average characteristics by position are below:

<i>Position</i>	<i>DII Tier 1 (Upper level) Candidate</i>	<i>DII Tier 2 (Mid-Lower level) Candidate</i>
Libero/Defensive Specialist	<ul style="list-style-type: none"> <li>• Height (5'2"-5'8")</li> <li>• Vertical 22"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'0"-5'8")</li> <li>• Vertical 18"+</li> </ul>
Middle Hitter	<ul style="list-style-type: none"> <li>• Height (5'10"-6'2")</li> <li>• Block Jump 9'4"</li> <li>• Approach Jump 9'8"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'9"-6'1")</li> <li>• Block Jump 9'2"</li> <li>• Approach Jump 9'6"+</li> </ul>
OH/RS	<ul style="list-style-type: none"> <li>• Height (5'8"-5'11")</li> <li>• Block Jump 9'2"</li> <li>• Approach Jump 9'6"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'8"-5'10")</li> <li>• Block Jump 9'0"</li> <li>• Approach Jump 9'4"</li> </ul>
Setter	<ul style="list-style-type: none"> <li>• Height (5'7"-5'10")</li> <li>• Block Jump 9'0"+</li> <li>• Approach Jump 9'2"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'4"-5'10")</li> <li>• Block Jump 8'10"+</li> <li>• Approach Jump 9'0"+</li> </ul>

**Special Note:** Many upper level DII programs are highly competitive and would be equal to a mid-lower level DI program.



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<i>Experience</i>	<i>DIII Tier 1 (Upper level) Candidate</i>	<i>DIII Tier 2 (Mid-Lower level) Candidate</i>
High School Experience	<ul style="list-style-type: none"> <li>• Generally 2-3 year varsity starter</li> <li>• Team Captain</li> <li>• Most players earned honors such as All-State, All-Conference, All-Region during their high school career.</li> </ul>	<ul style="list-style-type: none"> <li>• 1+ year varsity starter</li> </ul>
Club Experience	<ul style="list-style-type: none"> <li>• Club experience, 3+ years or 2+ years with a National level club.</li> <li>• National Tournament Attendance preferred, but not required</li> </ul>	<ul style="list-style-type: none"> <li>• Some club experience is preferred, but not totally necessary</li> </ul>

### The average characteristics by position are below:

<i>Position</i>	<i>DIII Tier 1 (Upper level) Candidate</i>	<i>DIII Tier 2 (Mid-Lower level) Candidate</i>
Libero/Defensive Specialist	<ul style="list-style-type: none"> <li>• Height (5'0"-5'8")</li> <li>• Vertical 20"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'0"-5'8")</li> <li>• Vertical 16"+</li> </ul>
Middle Hitter	<ul style="list-style-type: none"> <li>• Height (5'9"-6'1")</li> <li>• Block Jump 9'2"</li> <li>• Approach Jump 9'6"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'8"-6'0")</li> <li>• Block Jump 8'11"</li> <li>• Approach Jump 9'2"+</li> </ul>
OH/RS	<ul style="list-style-type: none"> <li>• Height (5'8"-5'10")</li> <li>• Block Jump 9'0"</li> <li>• Approach Jump 9'4"</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'6"-5'11")</li> <li>• Block Jump 8'10"</li> <li>• Approach Jump 9'0"+</li> </ul>
Setter	<ul style="list-style-type: none"> <li>• Height (5'4"-5'10")</li> <li>• Block Jump 8'10"+</li> <li>• Approach Jump 9'0"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'0"-5'10")</li> <li>• Block Jump 8'8"+</li> <li>• Approach Jump 8'10"+</li> </ul>

**Special Note:** Most upper level DIII volleyball players would be very similar to a mid level DII player.



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<i>Experience</i>	<i>NAIA Tier 1 (Upper level) Candidate</i>	<i>NAIA Tier 2 (Mid-Lower level) Candidate</i>
High School Experience	<ul style="list-style-type: none"> <li>• Generally 2-3 year varsity starter</li> <li>• Team Captain</li> <li>• Most players earn All-Region, All-Conference during high school career</li> </ul>	<ul style="list-style-type: none"> <li>• Generally 1-2 year varsity starter</li> <li>• Possible award such as All-league, All-Conference</li> </ul>
Club Experience	<ul style="list-style-type: none"> <li>• Club experience, 3+ years or 2+ years with a National level club.</li> <li>• National Tournament Attendance preferred, but not required               <ul style="list-style-type: none"> <li>○ Colorado Crossroads, Pacific NW, Hoosier Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights</li> <li>○ AAU Nationals - Orlando, FL</li> <li>○ Reno Volleyball Festival – Reno, NV</li> <li>○ USA Junior Olympic Girls' Volleyball Championships</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Club experience, preferably 2+ years</li> <li>• National Tournament Attendance preferred, but not required</li> </ul>

### The average characteristics by position are below:

<i>Position</i>	<i>NAIA Tier 1 (Upper level) Candidate</i>	<i>NAIA Tier 2 (Mid-Lower level) Candidate</i>
Libero/Defensive Specialist	<ul style="list-style-type: none"> <li>• Height (5'2"-5'8")</li> <li>• Vertical 20"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'0"-5'8")</li> <li>• Vertical 18"+</li> </ul>
Middle Hitter	<ul style="list-style-type: none"> <li>• Height (5'10"-6'2")</li> <li>• Block Jump 9'2"</li> <li>• Approach Jump 9'7"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'9"-6'1")</li> <li>• Block Jump 9'1"</li> <li>• Approach Jump 9'4"</li> </ul>
OH/RS	<ul style="list-style-type: none"> <li>• Height (5'8"-5'11")</li> <li>• Block Jump 9'1"</li> <li>• Approach Jump 9'6"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'7"-5'10")</li> <li>• Block Jump 8'11"</li> <li>• Approach Jump 9'3"</li> </ul>
Setter	<ul style="list-style-type: none"> <li>• Height (5'7"-5'10")</li> <li>• Block Jump 8'11"+</li> <li>• Approach Jump 9'2"+</li> </ul>	<ul style="list-style-type: none"> <li>• Height (5'4"-5'10")</li> <li>• Block Jump 8'9"+</li> <li>• Approach Jump 9'0"+</li> </ul>

**Special Note:** Many upper level NAIA programs are highly competitive and would be equal to a mid-lower level DI program. Most upper level NAIA volleyball players would be very similar to an upper level DII player.



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### Skills Tape

The NCAA places restrictions on how many coaches are permitted to recruit off campus at one time. In addition, many schools have limited recruiting resources to spend on personal evaluations. Sending a skills video to the college coaches you are interested in will help you stand out. The process of making a skills video can be intimidating. The video can take several days to complete. Consistency is the key.

#### 1) What should be in my skill tape?

- a. Run through the various skills. You should show the skills needed at your position as well as defensive skills such as digging, blocking, emergency plays.
- b. Show your serving ability – also include footage from actual games.
- c. Game Footage

#### 2) How long should the tape last?

- a. Introduction no more than 1 minute
- b. The skills portion no more than 7 minutes
- c. Serving 0:30 seconds
- d. Forearm Passing 1:00 minute

The camera should be at the net facing the passer. It is not necessary to show the flight of the ball or the result of the pass. Be sure you move around while passing to show off your athletic ability.

- e. Overhead Passing 1:00 minute  
If you are a setter, then it is necessary to show the results of your sets. The camera should be facing the net at a wide enough angle to see where the set goes. However, if you are not a setter, then you should tape the same way as forearm passing.

- f. Floor Defense/Run through 1:00 minute  
Individual defense should be filmed like forearm and overhead passing. Do not have balls hit directly at you. Show off your determination and athletic ability.

- Dig hard hits, a few roll shots and some tips
- Confine the hitting and defense to 1/3 of the court

- g. Blocking/Footwork 1:00 minute  
This is the most difficult skill to film. The camera should be facing the blocker attempting to block a live hitter. In addition, blocking and footwork should be shown without using a ball.

- h. Hitting/Transition Hitting 2:00 minutes  
If you are a setter, cut hitting time to 1:00 minute and add 1:00 minute for setting  
The camera should be placed at a 45 degree angle to left and right side attacks on the same side of the net. The camera should be stationary and show the entire approach and arm swing. Middle and slide attacks should be shown from behind the hitter. Again, result is not as important as mechanics of the swing.

Start in blocking position at the net. Jump block and transition off the net into hitting position, approach and swing. Show your footwork and arm swing.

- OS: include a high outside set, a shoot set, middle 2, back row attack
- MH/MB: Middle 1, Middle 2, 31, Slide
- RS: Back 1, Back 2, Middle 2 from RS position (come around for a tandem or stack), Back row attack
- DS or plan on playing back row: 10 foot hits, 10 touches

- i. Playing 12-15 minutes
  - These can be out-takes from a match or a skills session.
  - The playing portion should be one 25 point game of quality competition.
  - It does not matter whether your team wins or not.



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- 3) What should I send with my skills tape?
  - a. Complete outline of what the video contains
  - b. What number you are on the team
  - c. Where you are starting (rotation-wise)
  - d. Volleyball resume
  
- 4) What should be avoided in making the skills tape?
  - a. Highlight tapes of you killing every ball
  - b. Too much time spent on your best skill
  - c. Fancy graphics and intro's that take too much time
  - d. Tape of you warming up before a match
  - e. Game tape of an opponent you beat 15-2
  - f. Moving the camera during skills taping or game taping
  - g. Poor quality tape or dubbing
  - h. Background distractions
  
- 5) What should I remember most when making the skills tape?
  - a. Keep the camera stationary
  - b. Tape games from one end, just as you would watch a tennis match
  - c. Keep the length of the tape between 17-22 minutes
  - d. Be yourself at all times and show a lot of effort
  - e. In most cases, the techniques and the athletic ability are more important than the results



# *The Jersey Girls Volleyball Club, Inc.*

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### *Checklist:*

- Registered with the NCAA clearinghouse? (DI only)
- Create a letter and profile sheet to submit to the college
- Completed the college recruiting form online (if there is one)?
- Created a skills video/DVD?
- During club season, send the colleges coach the name of the club, team name and schedule
- Talk to you coach, teachers and club coaches and ask for letters of recommendation